

MILWAUKEE COUNTY SENIOR DINING

MILWAUKEE CHRISTIAN CENTER

807 S. 14th STREET



MILWAUKEE COUNTY
Department on Aging

FOR CURBSIDE PICKUP ONLY

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shaved Turkey 1 w/Mayo Whole Wheat Roll Pea & Cheese Salad Pretzels Diced Peaches Rice Krispie Treat	Sliced Pork 2 w/Ketchup Whole Grain Bread Red Cabbage Slaw String Cheese Applesauce Lorna Doone Cookies	Chef's Salad 3 <i>Mixed Greens, Cheese Julienne Ham, Turkey, Egg, Tomato, Croutons, Ranch Dressing</i> French Bread Fruited Yogurt Mandarin Oranges	Chicken Salad 4 Multi-Grain Bread Baby Carrots Asian Coleslaw Raisins Fresh Pear	Taco Salad 5 <i>Seasoned Beef, Beans Cheese, Tomato, Onion, Peppers, Dressing</i> on Shredded Lettuce Tortilla Chips Apple Muffin Tropical Fruit Cup
Tuna Salad 8 Croissant Marinated Carrot Salad Yogurt 🍏 Apple Juice Peanut Butter Cookie	Shaved Ham 9 w/Mustard Vienna Bread Macaroni Salad Pickle Spear Cinnamon Apple Slices Cereal Bar	Turkey BLT Salad 10 <i>Chopped Turkey Crumbled Bacon Lettuce, Tomato Ranch Dressing</i> Whole Wheat Dinner Roll Chocolate Pudding Grapes	Tuscan Tortellini Salad 11 <i>Spinach, Salami, Pepperoni Black Olives, Mozzarella Red Wine Vinegar Served over Lettuce</i> Marble Rye Bread Applesauce Baker's Choice Pie	Egg Salad 12 7-Grain Bread Marinated Vegetables Sun Chips Snickerdoodle Cookie Clementine
Sliced Ham 15 w/Mustard Kaiser Roll Cucumber Salad 🍇 Grape Juice Chocolate Chip Cookie Apricots	Turkey Salad 16 Wheat Bread 3-Bean Salad Coleslaw Fruit Crisp Apple	Reuben Salad 17 <i>Mixed Greens, Tomato Corned Beef, Swiss Sauerkraut, Croutons 1,000 Island Dressing</i> Rye Roll Shamrock Cookie Pear	Italian Sub Sandwich 18 Mayo Broccoli Slaw Chips Blonde Brownie Banana	Seafood Salad 19 on Leaf Lettuce Tri-Colored Pasta Salad Baby Carrots 🍹 Fruit Punch Split Top Dinner Roll Fruit Cocktail
Roast Beef Sandwich 22 w/Mayo on Coney Bun Carrot Raisin Salad Broccoli Slaw Vanilla Pudding Orange	Turkey, Ham & Cheese 23 Sub Sandwich Mayo American Potato Salad 🍹 Fruit Punch Fresh Fruit Baker's Choice Cookie	Big Mac Salad 24 <i>Ground Beef, Romaine Onion, Tomato, Pickles Shredded Cheddar 1,000 Island Dressing</i> Sesame Bread Mandarin & Pineapple Jello	Sliced Turkey 25 w/Mayo Whole Grain Roll Garden Salad/Ranch Kidney Bean Salad Chocolate-Iced Cake Chilled Fruit	Tuna Salad 26 on Multi-Grain Bread Marinated Vegetables Grape Tomatoes Cottage Cheese Sliced Peaches
Chicken Salad 29 7-Grain Bread Marinated Bean Salad Pickled Beets Pineapple Tidbits Graham Crackers	Colby Jack Cheese 30 Whole Wheat Bread Mayo Broccoli Cauliflower Salad Pretzels 🍷 Juice Sugar Cookie	Chicken Caesar Salad 31 <i>Grilled Chicken Romaine, Tomato Croutons, Parmesan Caesar Dressing</i> Whole Wheat Dinner Roll Fresh Fruit Cup Lemon Sunshine Cake	<div> RESERVATIONS REQUIRED </div> <div> 902-5384 </div> <div> </div>	

View Menus Online! Milwaukee County Department on Aging: county.milwaukee.gov/aging ♦ Senior Dining Office: (414) 289-6995

canned Peaches 5 ways

Grilled Cheese with Peaches

- + Canned peaches
- + Whole grain bread
- + Cheddar cheese [low-fat]
- + Spinach



Peach Cooler

- + Canned peaches
- + Milk [low-fat]
- + Lemon juice
- + Nutmeg



Rise & Shine Cobbler

- + Canned peaches
- + Canned pears
- + Prunes
- + Vanilla extract
- + Orange
- + Granola



Chicken Salad & Peach Sandwich

- + Canned peaches
- + Whole grain bread
- + Cooked chicken
- + Celery stalk
- + Apples
- + Mayo [nonfat]
- + Walnuts



Peach Sauce

- + Canned peaches
- + Cinnamon



Find these peach recipes here:
<https://choosemyplate.gov/5-ways-series>



HEALTH BENEFITS OF PEACHES

- 🍑 Packed w/Nutrients & Anti-Oxidants
- 🍑 Help Maintain Healthy Weight
- 🍑 Improve Digestion
- 🍑 Promote Healing
- 🍑 May Prevent Certain Cancers
- 🍑 Contribute to Healthy Teeth
- 🍑 Boost Immune System
- 🍑 Protect Bone Health
- 🍑 Support Eye Health
- 🍑 May Protect Against Disease

NUTRITION FACTS

Serving size: ½ cup (124g) canned peaches in light syrup, drained

Amount Per Serving

Calories 76 **Calories from Fat** 0

% Daily Value*	
Total Fat .19 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 19 g	6%
Dietary Fiber 1 g	4%
Sugars 13 g	
Protein .69 g	

Vitamin A	12%	Vitamin C	5%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.